

# The Senior Profile



**Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008**  
**Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM**  
**Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov**

The distribution of this newsletter is made possible (in whole or part)

By a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve seniors. There is no membership.  
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

## Freetown Senior Birthday Party

On Thursday, March 8<sup>th</sup>, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Spinach stuffed chicken, by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, March 1<sup>st</sup>

## Cyd's Lunch: Tuesdays at 11:30 AM

March 13<sup>th</sup>, Corned Beef

RSVP and \$7.00 due by March 6<sup>th</sup>

March 27<sup>th</sup>, Sweet & Sour Meat Loaf

RSVP and \$7.00 due by March 20<sup>th</sup>

April 3<sup>rd</sup>, Oven Fried Ranch Chicken

RSVP and \$7.00 due by March 27<sup>th</sup>

## Meat Bingo Game

Wednesday, March 21<sup>st</sup>, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, March 16<sup>th</sup>**, Win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.



## Tea Time!

It's tea time! Join us for a tea party social. Light refreshments will be served. Bring a friend, or, maybe, make some new ones. Bring your favorite tea cup; we will have some here also! Thursday, March 29<sup>th</sup> at 11:00 AM, Please RSVP by March 22<sup>nd</sup>.

## Inclement Weather

Please note, if the schools are closed due to bad weather, our van will not run.

## AARP Income Tax Service

We will have representatives from AARP at the COA to help seniors with their taxes on Wednesdays and Thursdays, starting at 8:30 AM. Please call the COA for an appointment and further information.

## Freetown Council on Aging Performance

### By John Porcino

On Wednesday, April 11<sup>th</sup> at 1:00 PM, John Porcino, storyteller and musician, will perform for seniors of Freetown. He does stories, songs, music and a playful touch of audience participation. We will have more in our April Newsletter.



**MASSACHUSETTS CULTURAL COUNCIL**  
SUPPORTING PUBLIC PROGRAMS IN THE ARTS, HUMANITIES & SCIENCES



## VFW Post #6643 Breakfasts in March

On Sundays, starting March 4<sup>th</sup>, the Freetown VFW at 89 Middleboro Road, East Freetown, will be having breakfast starting at 8:00 AM to 10:30 AM.

Price is \$7.00 per person

### Charity Dinners

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all you can eat pasta meal on Thursday, March 15<sup>th</sup> from 5:00 PM to 7:00 PM. \$7.00 PP, 70+ \$5.00 PP, 90+ free. We have raffles and door prizes. We are serving the community.

*Submitted By Bruce Wilbur*

## Poker

If anyone is interested in poker at the Senior Center please call for further information

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### Parkinson's Support Group

Our next meeting will be held on Thursday, March 8<sup>th</sup>, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

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### SHINE Counselor

(Serving the Health Insurance Needs of Everyone)

If you have any questions for SHINE, please call their regional office at 508-222-1399

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### Senator and Representatives

Representative Carole Fiola will be here Monday, March 5<sup>th</sup>, from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday, March 5<sup>th</sup>, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, March 28<sup>th</sup>, from 9:30 AM to 11:30 AM

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### Pool Table

Mondays, 9:00 AM

The pool room is free most days. Call for availability. There are pool players here almost every day. Come on over and play a game. Call the COA! Come in and have some coffee. The current pool players like showing people how to improve their game. Many times they may be here by 8:00 AM, they enjoy it so much.

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### Coffee & Muffins

Mondays at 10:00 AM

Come on in and have a cup of coffee with fresh muffins to meet other people from town.

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### Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,

Bring your own supplies. Please call the Senior Center if you would like to attend.

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### Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

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### BINGO

**NO Bingo March 6<sup>th</sup>**

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

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### Painting Class

Painting...Drawing...Mixed Media...Art Classes

Wednesdays, 9:00 AM to 11:30 AM

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### Blood Pressure

Wednesday, March 28<sup>th</sup>, 10:30 AM

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### **\*\*GOLD\*\*SILVER\*\*PLATINUM\*\***

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Tuesday, March 13<sup>th</sup>, from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

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### Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW  
Lessons \$2.00 per person, all ages are welcome.

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### Scrabble

Thursdays, 12:30 PM

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### The Freetown Senior Club

Thursdays:

March 1<sup>st</sup> and 15<sup>th</sup> at 1:00 PM

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### Yoga

Fridays, 9:00 AM-Chair & 10:00 AM-Mat

Your first class is free. Classes are a \$4.00 suggested donation. Come on in and try our classes.

Please call if you are coming to the 9:00 AM class in advance. We hope to continue the 9:00 AM class if there is enough participation. Thank you!

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### Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

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### Podiatrist

The Foot Doctor will be here Thursday, April 12<sup>th</sup>, at 9:30 AM and Monday, April 30<sup>th</sup>, at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

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### Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

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### Compassionate Care Hospice

#### **VOLUNTEERS NEEDED!!!**

You can help us make a difference in the lives of hospice patients and their families. Become a Compassionate Care Hospice Volunteer and assist patients residing in your city or town as well as surrounding communities. Be a part of the vital team caring for people at the end of life by serving as a companion to persons with a life-limiting illness and their families. Volunteer just 1-2 hours per week and assist patients by reading, writing letters, playing music, sitting quietly or providing respite care for a caregiver. For individuals interested in this meaningful opportunity, free volunteer training is provided. For more information, please contact: Jeannine Hight at 508-399-5900 or [jeannine.hight@cchnet.net](mailto:jeannine.hight@cchnet.net)

*Submitted by Jeannine Hight*

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### Senior Club Mohegan Sun Casino Trip!

The Senior Club is planning a day trip to Mohegan Sun Casino on Thursday, April 5<sup>th</sup>. The cost is \$25.00 per person, **by check only**, made out to **Freetown Senior Club**. Bus leaves the Senior Center at 8:00 AM and returns approximately 5:00 PM. \$15.00 food voucher and a spin on the wheel.

*Submitted by Judy Emond*

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**USDA CAN HELP REPAIR YOUR HOME**  
**RURAL DEVELOPMENT**

**Home Improvement & Repair Loans and Grants (Section 504)** are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

**Purpose:** The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

**1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600**

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at [www.rurdev.usda.gov/ma](http://www.rurdev.usda.gov/ma)

**VAN SCHEDULING**

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

**“Brown Bag” Program”**

**Wednesday, March 28<sup>th</sup>**

**From 10:30 AM to 12:00 PM**

**At the front of the building**

“**Brown Bag**” distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

<b>1 person</b>	<b>\$1,860 per month</b>
<b>2 people</b>	<b>\$2,504 per month</b>
<b>3 people</b>	<b>\$3,149 per month</b>
<b>4 people</b>	<b>\$3,793 per month</b>

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

**Country Travelers Trips in 2018**

**April 7, 2018-Saturday-\$45.00-New York City Day Trip**

**April 18-20, 2018 and November 18-20, 2018-Turning Stone Resort and Casino, Verona, NY, Fills quickly**

**April 30-May4, 2018-Niagara Falls Ontario, passports required**

**May 21-23, 2018-PA Amishlands, includes a performance of “Jesus”, guided tour of the countryside, with stops at an Amish Craft Farm and bake shop, Kitchen Kettle Village, Lil’ Country Store and miniature horse farm.**

**July 19, 2018-Thursday-Boston Harbor Luncheon Cruise**

**August 3-10, 2018-The Azores—the island of Sao Miguel**

**August 14, 2018-Tuesday-Aqua Turf Plantsville, CT, Lunch and show**

**More to follow**

ALL above trips leave from the backside of Hampton Inn (Next door to White’s Restaurant) far side near tennis courts. If enough people register from this area, they will make the Senior Center a pick up destination. Any info please call Veronica Beaulieu at 508-636-4889.

**Fuel Assistance**

Please call the COA when you receive your application to make an appointment.

**Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.**  
**UP TO: \$34,380 \$44,958 \$55,537 \$66,115**

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
EAST FREETOWN, MA 02717-1008  
ADDRESS SERVICE REQUESTED

PRESORT STD.  
US POSTAGE  
**PAID**  
PERMIT #PI 112  
ROCHESTER, MA 02770

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Vincent T. D'Oliveira  
John E. Pye, Jr.  
Donna M. Silva

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**Lakeville Arts and Crafts Trips**

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

March 14, 2018, Wednesday, Boston Flower Show and Maggiano's Lunch-\$90.00 PP

April 10, 2018, Tuesday, Worcester Art Museum and The Sole Proprietor for Lunch-\$84.00 PP

May 9, 2018, Wednesday, Newport Playhouse-\$92.00 PP

May 17, 2018, Thursday, "Bingo Bonanza" at Wrights Farm Restaurant-\$64.00 PP

June 2 & 3, 2018, Saturday & Sunday, NYC and visit to 9/11 Memorial & Museum-\$259.00 PP

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**Directors Note**

**I would like to thank the employees, the Council on Aging Board and all that help our senior center. It takes a village is so true. Without all your help, we would not be able to have so many programs.**

